

## Home Care Instructions Following Amalgam (Silver) or Composite (Tooth-Colored) Filling

1. Do not bite together hard or eat for at least two hours after your appointment until the numbness wears off.
2. It takes approximately 24 hours for the silver amalgam filling to set up completely. Do not chew on the side of your mouth where the new filling was placed for at least 24 hours.
3. Sensitivity, especially to cold, is common for a few days (sometimes as long as six weeks) following a tooth filling. Usually, the deeper the cavity, the more sensitive the tooth will be.
4. In most cases it is appropriate to take Ibuprofen 200 mg Three (3) tabs every 6 hours for post-op soreness or discomfort. **Always check with your doctor before taking any medication, even over – the-counter medication.**
5. The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site. If this occurs rinse for 30 to 60 seconds with warm salt water (1/2 tsp. salt dissolved in 1 cup of warm water) three to four glasses per day.
6. The finished filling may be contoured slightly different and have a different texture than the original tooth. Your tongue usually notices this small difference, but you should become accustomed to this in a few days.
7. If you feel you are biting differently or hitting high on a spot where the filling was placed, then call your dentist to adjust the filling.